



Clinton City School System Trend Report CSH Overview Summary

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Clinton City School System.

CSH Infrastructure Established

An infrastructure for CSH has been developed for the Clinton City School System that includes:

- School Health Advisory Committee
- Healthy School Teams
- School Health Policies strengthened or approved include the in school vending machine policy, student wellness at school functions (parties and celebrations in which food is involved), improved nutrition guidelines for cafeteria menu planning, extended physical activity in schools and a memorandum of understandings with local agencies for mutual assistance
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$ 52,238.52.

Community partnerships have been formed to address school health issues. Current partners include:

- Anderson County Health Department
- Allies for Substance Abuse Prevention of Anderson County
- Our Daily Bread of Tennessee
- Second Harvest
- Ridgeview
- Enrichment Credit Union
- Covenant Health

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities. These include advisory committees, health and vision screenings, and providing input into cafeteria meals evaluations. Currently, five parents are collaborating with CSH.

Students have been engaged in CSH activities. These activities include Food samplings/tastings, cafeteria critiques of new food items, green activities related to recycling, healthy environmental activities, and promoting health in the present and future. Approximately 175 students are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in the Clinton City School System, the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers – 616 screened and 257 referred;

Students have been seen by a school nurse and returned to class – 1,623 returned;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. For the 2010-11 school year there were students who were

Underweight=3.30% Normal Weight=56.50% Overweight=16.70% Obese=23.50%

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include walking trail, playground equipment, Wii exercise equipment, student exercise bike, adult exercise bike, elliptical exercise machine, and a playground safety cover.

Professional development has been provided to school health staff. Examples include Take 10! exercise class training, Epi-Pen use training, asthma training, cardiopulmonary resuscitation training, Automated Electronic Defibrillator training, anti-bullying, suicide prevention, school safety training;

School faculty and staff have received support for their own well-being through cardiopulmonary resuscitation training, Automated Electronic Defibrillator training, suicide prevention, and school safety training

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – consumer education (making good food choices), diabetes education, anti-bullying education, good health practices (general health practices for elementary students);
- Physical Education/Physical Activity Interventions – Take 10! training for staff, introduction of high interest equipment into the PE program, teacher grants made available for programs to boost increased physical education/physical activity;
- Nutrition Interventions – engaged certified dietitian to analyze school food services menu, substituted new healthier food items for those high in saturated fats and sodium, provided food tasting opportunities for students where new foods are served, wrote grant for fresh fruits and vegetables for students (third year funded), worked closely with food services department, requested parental and student input of cafeteria concerns;

- Mental Health/Behavioral Health Interventions – provide suicide prevention awareness training for staff each year, system's psychologist is developing a list of resources for assistance beyond the scope of the school system, guidance counselors are available to assist with student special needs.

In such a short time, CSH in the Clinton City School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement.

For more information concerning Coordinated School Health (CSH), please contact the Coordinator.

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